AMENDMENTS TO THE SPECIFICATION

Please replace paragraph 13, which extends from page 5 to page 6 of the application, with the following, wherein deleted material is shown by strikethrough:

Structurally, the dynamic lateral stability device of the present invention comprises a resilient bladder insert for footwear which is generally situated adjacent a lateral or medial side edge of the foot. In one embodiment, the device includes a generally L-shaped bladder, which cradles a portion of the foot. The device is particularly suited for cradling a metatarsal region of the foot, specifically ~~the~~ a tip the fifth metatarsal head on the lateral side of the foot or the first metatarsal head on the medial side of the foot, or both. The device includes a horizontal sole portion located generally underneath the foot and a vertical foot portion located adjacent to a lateral or medial side edge of the foot. The vertical foot portion functions as a bumper-like lateral sidewall that varies in degrees of stiffness with loading and unloading of the horizontal sole portion. As the load increases on the horizontal sole portion, the vertical foot portion becomes increasingly stiffer. When the side edge of the wearer's foot directly or indirectly contacts the vertical foot portion, the bumper-like sidewall absorbs lateral impacting forces and aids in preventing the foot from rolling over the edge of the shoe.

Please replace paragraph 59, which is wholly located on page 14 of the application, with the following, wherein deleted material is shown by strikethrough and added material is underlined:

Resilient insert 100 may further include at least one contact, such as contacts 126a and 126b in channels 122, see FIG. 5. Contacts ~~122a and 122b~~ 126a and 126b are oval shaped welds, where each weld includes a portion of a channel 122 contacting bottom surface 110. Similarly, resilient insert 100 includes contacts 128a, 128b and 128c in the channel portions that extend into inside surface 140, see FIGS. 2 and 4. The contacts 128(a-c) are oval shaped welds where a portion of the channel that extends into the inside surface 140 contacts the outside surface 130. Outside surface 130 tapers inward toward inside surface 140 around the circumference of the contacts, see tapering regions 131 in FIG. 4. Each of the contacts 128(a-c) add structural stability to the bladder and help prevent the walls of the bladder from uncontrollably bulging. The oval shape of the contacts is believed to further enhance structural integrity and stability and prevent uncontrolled bulging of the walls.

Please replace the Abstract of the Disclosure with the following, wherein deleted material is shown by strikethrough:

A stability device that increases foot security on the footbed of a shoe, provides lateral or medial stability, shock dampening, and optimizes flexibility. The stability device includes a resilient bladder insert having a horizontal sole portion underneath a wearer's foot, and a vertical foot portion positioned to a lateral or medial side edge of a wearer's foot. The horizontal sole portion and the vertical foot portion are in fluid communication and are proximal the first or fifth metatarsal regions of the foot. The stability device can be generally L-shaped to cradles a portion of the foot. A compression force of a foot landing on the horizontal sole portion causes an increase in fluid pressure in the foot portion which stiffens the vertical foot portion forming a bumper-like wall for absorbing side impacting force from the foot and serving to keep the foot on the footbed. ~~The stability device can include a plurality of finger-shaped elements. The finger-shaped elements can have a stem portion and a bulbous portion, and can expand in one direction and contract in another in response to an increase in fluid~~ pressure therein. ~~The finger-shaped elements can be connected to straps or a vamp that extends over the top of a wearer's foot, the straps and/or vamp being substantially inelastic in a direction perpendicular to a longitudinal direction of a wearer's foot, such that, contraction of the finger-shaped elements tightens the straps and/or vamp on the wearer's foot. The finger-shaped elements may encircle the top of the foot and expand down onto the foot due to an increase in fluid pressure therein.~~